



Comic Book Arms

OVERVIEW

COMMENTS



Russel Orhii

Powerlifter & bodybuilder

LENGTH

4 weeks

1

CIRCUIT

Warm up

F Straight Bar Extension

F Cable Curls

▶

✓

2

Barbell Bench

1 rep

▶

✓

3

EZ Bar Preacher Curls

10-10-10-10 reps

↺

4

▶

✓

4

French Curl

15-12-10-8 reps

↺

4

▶

✓

5

21's

21-21-21 reps

↺

3

▶

✓

6

Tate Press

12-12-12-12 reps

↺

4

▶

✓

7

Hammer Curls

12-12-12-12 reps

↺

4

▶

✓

8

CIRCUIT

Finisher

F Rope Extension

F Rope Hammer Curl

↺

2

▶

✓

Swipe to complete